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Brain Wave Vibration is a powerful, easy-to-follow method that helps people bring their bodies and minds back into balance for total health. The repetitive shaking method functions as a dynamic, moving meditation that is far easier and more accessible than most traditional meditation practices.

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The Principles of Brain Wave Vibration - Ilchi Lee

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Catch the wave of the powerful technique that has already transformed hundreds of thousands of lives. Brain Wave Vibration is a simple, easy-to-follow brain fitness and holistic healing method that can help bring your body and mind back into balance for total health, happiness, and peace.

Brain Wave Vibration - Official Site

Brain Wave Vibration is a powerful, easy-to-follow method that helps people bring their bodies and minds back into balance for total health, happiness, and peace.

The Secret of Brain Wave Vibration

This online course includes: 22 HD quality videos (2 hrs 37 mins total running time), six Brain Wave Vibration music tracks, PDF transcripts, and an mp3 of each video.

Brain Wave Vibration - Online Course

Brain Wave Vibration was created for people who need an easy and effective for stress relief program. It is something you can do easily at any time, no matter how busy you get, to help you shake off stress and get your body and mind back in balance.

Brain Wave Vibration Course - Change Your Energy

Brain Wave Vibration is a simple and effective brain fitness and holistic healing method for renewed vitality and genuine fulfillment. The simplest form of practice merely requires moving your body to your own internal, natural healing rhythms in order to slow down and integrate your brain waves.

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1. Introduction. The presented randomised controlled trial (RCT) with university students compared the effects of Brain Wave Vibration (BWV), Iyengar Yoga, and Mindfulness training on the mood, well-being, and immune function of healthy participants.

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